



## INSTRUCTOR RESOURCE

# Applied Anatomy & Physiology for Manual Therapists, 2nd edition

## Directions for Group Activities

### Chapter 5: Group Activities

#### A Story of Functions

When you want to recall something specific, it is helpful to have a context for remembering. For example, when many of us want to remember the alphabet, we sing “The Alphabet Song,” or when we want to recall the face of a loved one, we picture them doing something specific like laughing at a joke, playing ball, or doing the dishes. As learners, we can create context for important information by inserting facts into a story, drawing, poem, or song. Try writing a story or play together where the characters are responsible for the functions of the skeletal system, or use the same information to write a poem, or lyrics for a song.

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#### Quiz Show

A game-show format based on the popular show “Jeopardy!” can be used to review the structures and function of any system in the body. Three or four “contestants” or a few small teams play against each other, with one “emcee” managing the board and assigning the points. Just like the game on TV, the answers are revealed on a board and contestants buzz in with the questions. For example, for the skeletal system, the answer provided in a square on the board might be “the lateral bone in the leg.” A contestant or team wins points by responding, “What is the fibula?”

The game starts when the first contestant or team (decide who by age, shirt color, alphabetically, whatever) chooses a square by category and point value. The emcee reads the answer in that square to the contestants. The contestants must “buzz in” for the chance to provide the question. Whoever the emcee identifies as buzzing in first gets to provide the question they believe matches the clue. If they respond correctly, play continues with them choosing another square from the board. If a contestant answers incorrectly, the other

contestants may buzz in to provide their response. Again, play continues with the person who provides the correct response choosing the next clue to be read by the emcee. Consider setting a time limit for giving a response to a clue. You may also want to set a time limit for Level I or Level II, say 10 minutes to complete the board or quit for the Final Level.

The final-level clue should be the most challenging. The emcee creates this clue before the game begins and holds onto it. Consider using something from a Pathology Alert, By The Way, or some extra detail your instructor added during lecture. Just like Final Jeopardy, the emcee provides the category description for the clue and each contestant secretly wagers any amount of their winnings. Once the wagers have been secretly written down, the emcee reads the clue and each contestant writes down their response. Finally, each contestant reveals their response and wager. The wager amount is added to their winnings if the answer is correct or subtracted if it is incorrect. The person with the highest total amount wins the game.

Here are sample game boards for the **skeletal system**.

### LEVEL I

	<b>'Dem Bones</b>	<b>Tissue? I Hardly Know You!</b>	<b>Joint Classification</b>	<b>Landmark Terminology</b>	<b>Specific Landmarks</b>
100	This is the largest sesamoid bone in the body	This tissue is made up of osteons	The functional classification for joints with a fibrocartilage pad	The anatomic term for a hole or large opening in a bone	The round projection we sit on
200	The bones in the appendages are classified as this	This tissue fills the medullary cavity	The structural classification for the joints between bones in the skull	A fossa is this type of landmark	The large projection off the temporal bone that can be palpated behind our ears
300	These two cranial bones form the most superior portion of the skull	"Cancellous" is the anatomic name for this type of bone tissue	The radioulnar joint is an example of this type of synovial joint	A tubercle is a smaller version of this	The palpable proximal end of the fifth metatarsal
400	These three cube-shaped bones in the foot are anterior and lateral to the talus	These form the osseous bridges or lattice work throughout the spongy bone	This type of synovial joint is capable of all movements plus circumduction	A sharp line along the edge of a bone	The roughened ridge that runs the length of the posterior femur
500	This is the only moveable bone in the skull	The anatomic name for dense or hard bone	The anatomic name of the only saddle joint in the skeleton	The anatomic term for a small pit or depression	The posterior-medial bump on the proximal shaft of the femur

## LEVEL II

	<b>More Landmarks</b>	<b>Synovial Joint Structures</b>	<b>Special Movements</b>	<b>Common Names</b>	<b>What's Wrong?</b>
200	The small groove in the proximal ulna that receives the head of the radius	This forms a sleeve around the bone ends that helps stabilize the joint	Turning the hand palm up	Glenohumeral joint	A decrease in bone density leading to brittle bones
400	The anterior thumb-like projection off the scapula	The inner lining of the joint capsule	Taking the arm away from the midline on the transverse plane	Tibiofemoral joint	Joint inflammation due to degeneration of the articular cartilage
600	The flat articular surface of the tibia	Fibrous connective tissue that attaches bone to bone	The motion that occurs when we stand on the outside of our feet	Humeroulnar joint	Joint inflammation related to degeneration of the synovial membrane
800	The anatomic terms for the distal projections of tibia and fibula, ankle bones	The smooth tough CT covering of the articular surfaces of bones	The scapular rotation involved in shrugging your shoulders	Coxal joint	Joint inflammation due to accumulation of uric acid crystals
1,000	The needle-like projection just posterior to the mastoid process	Not present in all joints, this "synovial pillow" protects ligaments and tendons from sharp bone edges	The ankle motion of raising up on our toes	Talocrural joint	Abnormal lateral curvature of the spine

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## **Sculpting Statues**

This game is an active way to practice movement and joint terminology. The object of the game is to sculpt or mold a person by providing verbal directions using the movement and joint terms you are learning. It can be played with three or more people.

- One model
- One “lump of clay”
- One or more sculptors

### **Directions:**

- 1) The “lump of clay” is blindfolded.
- 2) The model strikes a pose that the sculptor(s) will attempt to sculpt.
- 3) Using technical terms, the sculptors provide directions to the blindfolded “lump of clay.” For example, to get the clay to bend his or her elbow, the sculptors may direct the clay to, “Flex your humeroulnar joint.”
- 4) The clay responds to each verbal direction to the best of their ability.
- 5) The game ends when the “lump of clay” resembles the model statue.